

**AUTOMATIC WATCHING SYSTEM**

**ABSTRACT OF THE DISCLOSURE**

There is provided a monitoring system for remotely monitoring an item or activity,  
5 the monitoring system including a recording device for recording a visual record of the item, a communicator for communicating the visual record, and a security device for controlling access to the monitoring system. Also provided is a method of remotely monitoring an item by recording a digital image of the item, communicating the digital image of the item through a communication system, and accessing the digital image  
10 using a secured access device.